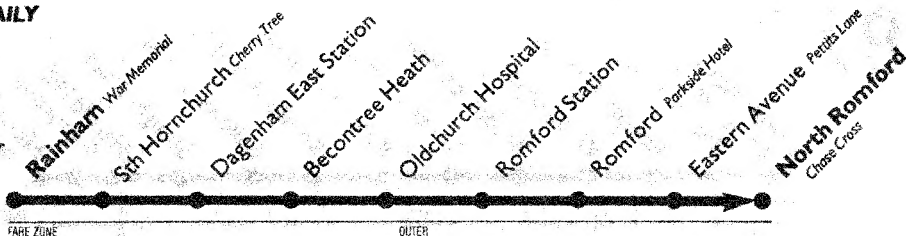


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Mondays to Fridays

Rainham War Memorial	0546	0606	0626	0643	0701	0716		0930	0942	0953		1529	1541	1553	1602	1612
South Hornchurch Cherry Tree	0550	0610	0630	0647	0705	0720		0934	0946	0957		1533	1545	1557	1606	1616
Dagenham East Station	0557	0617	0637	0654	0712	0727		0941	0953	1004		1540	1552	1605	1614	1624
Dagenham Four Wanzt Corner	0600	0620	0640	0657	0715	0730		0946	0956	1007		1542	1555	1608	1617	1627
Becontree Heath Civic Centre	0604	0624	0644	0701	0719	0734		0951	1000	1011		1547	1559	1612	1621	1631
Romford Station	0612	0632	0652	0709	0727	0743	10	1000	1009	1020	12-13	1556	1609	1622	1631	1641
Romford Market	0615	0635	0655	0712	0730	0746	minutes	1003	1012	1023	12-13	1559	1613	1626	1635	1645
Romford North Street Garage	0618	0638	0658	0715	0733	0749	until	1006	1015	1026	minutes	1602	1616	1629	1638	1648
North Romford Chase Cross	0627	0647	0707	0724	0742	0758		1018	1027	1038	until	1615	1629	1642	1651	1701
Rainham War Memorial	1622	1631	1641	1650	1700	1710	1719	1728	1738	1747	1757	1806	1816	1825	1836	1846
South Hornchurch Cherry Tree	1626	1635	1645	1654	1704	1714	1723	1732	1742	1751	1801	1810	1820	1829	1840	1850
Dagenham East Station	1634	1643	1653	1702	1712	1722	1731	1740	1750	1809	1818	1828	1837	1847	1857	1907
Dagenham Four Wanzt Corner	1637	1646	1656	1705	1715	1725	1734	1743	1753	1802	1812	1821	1831	1840	1850	1900
Becontree Heath Civic Centre	1641	1650	1700	1709	1719	1729	1738	1747	1757	1806	1816	1825	1835	1844	1854	1904
Romford Station	1651	1700	1710	1719	1729	1739	1748	1757	1807	1816	1826	1835	1844	1853	1903	1913
Romford Market	1655	1704	1714	1723	1733	1743	1752	1801	1811	1820	1830	1838	1847	1856	1906	1916
Romford North Street Garage	1658	1707	1717	1726	1736	1746	1755	1804	1814	1823	1833	1841	1850	1859	1909	1919
North Romford Chase Cross	1711	1720	1730	1739	1749	1759	1808	1817	1826	1835	1845	1854	1903	1912	1922	1932
Rainham War Memorial	1915	1936			06	36		2336	0006							
South Hornchurch Cherry Tree	1919	1949			10	40		2340	0010							
Dagenham East Station	1926	1947			17	47		2347	0017							
Dagenham Four Wanzt Corner	1929	1950			20	50		2350	0020							
Becontree Heath Civic Centre	1933	1954			24	54	UNTIL	2354	0024							
Romford Station	1941	2002			32	02		0002	0032							
Romford Market	1944	2005			35	05		0005	0035							
Romford North Street Garage	1947	2008			38	08		0008	0038							
North Romford Chase Cross	2017				47	17		0017								

Saturdays

Rainham War Memorial	0537		0607	0627	0647	0707	0727	0747	0807	0827	0846	0906	0926	0941	0953	1005	1017	1029
South Hornchurch Cherry Tree	0541		0611	0631	0651	0711	0731	0751	0811	0831	0850	0910	0930	0945	0957	1009	1021	1033
Dagenham East Station	0548		0618	0638	0658	0718	0738	0758	0818	0838	0857	0918	0938	0953	1016	1028	1040	1043
Dagenham Four Wanzt Corner	0551		0621	0641	0701	0721	0741	0801	0821	0841	0900	0921	0941	0956	1008	1019	1031	1041
Becontree Heath Civic Centre	B		0625	0645	0705	0725	0745	0805	0825	0845	0904	0926	0946	1001	1013	1023	1035	1047
Romford Station			0633	0653	0713	0733	0753	0813	0833	0853	0913	0935	0955	1011	1023	1033	1045	1057
Romford Market			0636	0656	0716	0736	0756	0816	0836	0856	0916	0938	0958	1015	1027	1037	1049	1101
Romford North Street Garage			C	0639	0659	0719	0739	0759	0819	0839	0859	0919	0941	1001	1018	1030	1040	1052
North Romford Chase Cross			0628	0648	0708	0728	0748	0808	0828	0848	0908	0928	0950	1013	1030	1042	1052	1104
Rainham War Memorial	1041	1053	1105	1117	1129	1140			20	00	10	20	30	40	1750	1800	1806	1813
South Hornchurch Cherry Tree	1045	1057	1109	1121	1133	1144			24	04	14	24	34	44	1754	1804	1810	1817
Dagenham East Station	1052	1104	1116	1128	1140	1151			31	11	21	31	41	51	1801	1811	1817	1824
Dagenham Four Wanzt Corner	1055	1107	1119	1131	1143	1154			04	14	24	34	44	54	1804	1814	1820	1827
Becontree Heath Civic Centre	1059	1111	1123	1135	1147	1158			08	18	28	38	48	58	1808	1818	1824	1831
Romford Station	1109	1121	1133	1145	1157	1208			18	28	38	48	58	08	1818	1826	1832	1839
Romford Market	1113	1125	1137	1149	1201	1212			22	32	42	52	02	12	1822	1829	1835	1842
Romford North Street Garage	1116	1128	1140	1152	1204	1215			25	35	45	55	05	15	1824	1832	1838	1845
North Romford Chase Cross	1128	1140	1152	1204	1216	1227			37	47	57	07	17	27	1837		1847	
Rainham War Memorial	1836	1846	1906			36	06		2336	0006								
South Hornchurch Cherry Tree	1840	1850	1910			40	10		2340	0010								
Dagenham East Station	1847	1857	1917			47	17		2347	0017								
Dagenham Four Wanzt Corner	1850	1900	1920			50	20		2350	0020								
Becontree Heath Civic Centre	1854	1904	1924			54	24	UNTIL	2354	0024								
Romford Station	1902	1912	1932			02	32		0002	0032								
Romford Market	1905	1915	1935			05	35		0005	0035								
Romford North Street Garage	1908	1918	1938			08	38		0008	0038								
North Romford Chase Cross	1917		1947			17	47		0017									

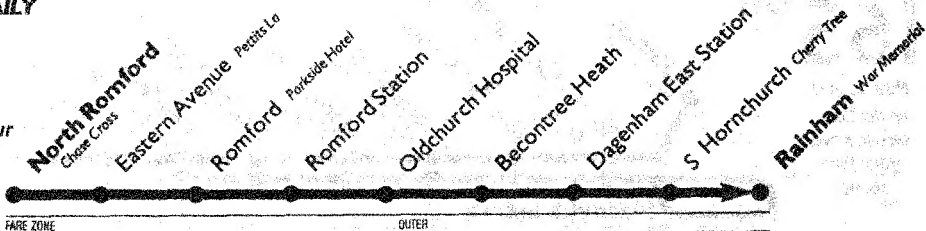
Sundays (and National Public Holidays)

Rainham War Memorial	0706	0806	0906	1006	1106			36	06			2336	0006					
South Hornchurch Cherry Tree	0710	0810	0910	1010	1110			40	10			2340	0010					
Dagenham East Station	0717	0817	0917	1017	1117			47	17			2347	0017					
Dagenham Four Wanzt Corner	0720	0820	0920	1020	1120			50	20			2350	0020					
Becontree Heath Civic Centre	0724	0824	0924	1024	1124			54	24	UNTIL		2354	0024					
Romford Station	0732	0832	0932	1032	1132			02	32			0002	0032					
Romford Market	0735	0835	0935	1035	1135			05	35			0005	0035					
Romford North Street Garage	C	0738	0838	0938	1038	1138		08	38			0008	0038					
North Romford Chase Cross	0650	0747	0847	0947	1047	1147		17	47			0017						

B—Continues to Becontree Heath Bus Station.

C—Starts from Romford Parkside Hotel.

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Mondays to Fridays

North Romford Chase Cross	0632	0652	0712	0722	0903	0913	0922	0932	
Romford North Street Garage	0640	0700	0720	0730	0917	0927	0936	0944	
Romford Market	0512 0532 0552 0609 0627 0640 0651 0702 0710 0722 0733	0515 0535 0555 0612 0630 0645 0654 0705 0713 0719 0725 0736	0523 0543 0603 0620 0638 0653 0702 0713 0721 0727 0733 0746	0527 0547 0607 0624 0642 0657 0706 0717 0725 0731 0737 0750	0530 0550 0610 0627 0645 0700 0709 0720 0728 0734 0740 0753	0537 0557 0617 0634 0652 0707 0716 0727 0735 0741 0748 0801	0541 0601 0621 0638 0656 0711 0720 0731 0739 0745 0752 0805	Then about every 10 minutes until	0920 0930 0939 0942 0950
Romford Station	0951	1502	1516	1522	2322	2332	2340	0030	
Becontree Heath Civic Centre	0954	1505	1514	1519	2332	2342	2350	0039	
Dagenham Four Wanza Corner	0957	1508	1517	1522	2335	2345	2353	0042	
Dagenham East Station	1006	1517	1526	1531	2343	2353	2401	0051	
South Hornchurch Cherry Tree	1010	1521	1530	1535	2347	2357	2405	0055	
Rainham War Memorial	1013	1524	1533	1538	2350	2400	2408	0058	
	1021	1532	1541	1546	2357	2407	2415	0106	
	1025	1536	1545	1550	0001	0011	0019	0110	

Saturdays

North Romford Chase Cross	A	A				0633	0653	0713	0733	0753	0813	0833	0853	A	0913	0924	0936	0948
Romford North Street Garage						0641	0701	0721	0741	0801	0821	0841	0901	A	0923	0934	0946	0958
Romford Market	0502	0532				0603	0623	0643	0703	0723	0743	0803	0823	0843	0904	0916	0926	0937
Romford Station	0505	0535				0606	0626	0646	0706	0726	0746	0806	0826	0846	0908	0920	0930	0941
Becontree Heath Civic Centre	0513	0543	B			0614	0634	0654	0714	0734	0754	0814	0834	0854	0916	0928	0938	0949
Dagenham Four Wanzt Corner	0517	0547	0607			0618	0638	0658	0718	0738	0758	0818	0838	0858	0920	0932	0942	0953
Dagenham East Station	0520	0550	0610			0621	0641	0701	0721	0741	0801	0821	0841	0901	0923	0935	0945	0956
South Hornchurch Cherry Tree	0527	0557	0617			0628	0648	0708	0728	0748	0808	0828	0848	0908	0930	0942	0952	1003
Rainham War Memorial	0531	0601	0621			0632	0652	0712	0732	0752	0812	0832	0852	0912	0934	0946	0956	1007
North Romford Chase Cross	1000	1012	1024	1036	1048		1100	1112	1124	1136	1148		1200	1212			1742	1802
Romford North Street Garage	1011	1023	1035	1047	1059		1111	1123	1135	1147	1159		1211	1223			1753	1810
Romford Market	1014	1026	1038	1050	1102	1108	1112	1126	1138	1150	1202	1208	1214	1226			1756	1812
Romford Station	1018	1030	1042	1054	1106	1112	1116	1130	1142	1154	1206	1212	1218	1230			1800	1815
Becontree Heath Civic Centre	1028	1040	1052	1104	1116	1122	1128	1140	1152	1204	1216	1222	1228	1240			1810	1823
Dagenham Four Wanzt Corner	1032	1044	1056	1108	1120	1126	1132	1144	1156	1208	1220	1226	1232	1244			1814	1827
Dagenham East Station	1035	1047	1059	1111	1123	1129	1135	1147	1159	1211	1223	1229	1235	1247			1817	1830
South Hornchurch Cherry Tree	1042	1054	1106	1118	1130	1136	1142	1154	1206	1218	1230	1236	1242	1254			1824	1837
Rainham War Memorial	1046	1058	1110	1122	1134	1140	1146	1158	1210	1222	1234	1240	1246	1258			1828	1841

Sundays (and National Public Holidays)

North Romford Chase Cross	0656	0752	0852	0952	1052	1152	22 52	2322	2352	0022
Romford North Street Garage	A 0704	0800	0900	1000	1100	A 1200	Then at these minutes past each hour	30 00	2330	2400 0030
Romford Market	0632	0706	0802	0902	1002	1102 1132 1202	32 02	2332	2352	0032
Romford Station	0635	0709	0805	0905	1005	1105 1135 1205	35 05	2335	2355	0035
Becontree Heath Civic Centre	0643	0717	0813	0913	1013	1113 1143 1213	43 13	UNTIL 2343	2353	0043
Dagenham Four Wanzt Corner	0647	0721	0817	0917	1017	1117 1147 1217	past 47 17	2347	2357	0047
Dagenham East Station	0650	0724	0820	0920	1020	1120 1150 1220	each 20 20	2350	2400	0050
South Hornchurch Cherry Tree	0657	0731	0827	0927	1027	1127 1157 1227	hour 27 27	2357	2407	0057
Rainham War Memorial	0701	0735	0831	0931	1031	1131 1201 1231	01 31	0001	0011	0031

A—Starts from Romford North Street/The Avenue.

B—Starts from Becontree Heath Bus Station.